

Full Report (All Nutrients) 15025, Fish, eel, mixed species, raw

Report Date: June 25, 2017 18:33 EDT

Nutrient values and weights are for edible portion.

Food Group : Finfish and Shellfish Products

Carbohydrate Factor: 3.87 Fat Factor: 9.02 Protein Factor:4.27 Nitrogen to Protein Conversion Factor:6.25

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	3.0 oz 85g	1 fillet 204g
Proximates						
Water	g	68.26	12	--	58.02	139.25
Energy	kcal	184	--	--	156	375
Energy	kJ	770	--	--	654	1571
Protein	g	18.44	12	--	15.67	37.62
Total lipid (fat)	g	11.66	14	0.885	9.91	23.79
Ash	g	1.41	11	--	1.20	2.88
Carbohydrate, by difference	g	0.00	--	--	0.00	0.00
Fiber, total dietary	g	0.0	--	--	0.0	0.0
Sugars, total	g	0.00	--	--	0.00	0.00
Minerals						
Calcium, Ca	mg	20	1	--	17	41
Iron, Fe	mg	0.50	1	--	0.42	1.02
Magnesium, Mg	mg	20	--	--	17	41
Phosphorus, P	mg	216	2	--	184	441
Potassium, K	mg	272	5	--	231	555
Sodium, Na	mg	51	4	--	43	104
Zinc, Zn	mg	1.62	40	0.076	1.38	3.30
Copper, Cu	mg	0.023	30	0.002	0.020	0.047
Manganese, Mn	mg	0.035	--	--	0.030	0.071
Selenium, Se	µg	6.5	--	--	5.5	13.3
Vitamins						
Vitamin C, total ascorbic acid	mg	1.8	--	--	1.5	3.7

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	3.0 oz 85g	1 fillet 204g
Thiamin	mg	0.150	4	0.016	0.128	0.306
Riboflavin	mg	0.040	1	--	0.034	0.082
Niacin	mg	3.500	1	--	2.975	7.140
Pantothenic acid	mg	0.240	1	--	0.204	0.490
Vitamin B-6	mg	0.067	10	0.026	0.057	0.137
Folate, total	µg	15	--	--	13	31
Folic acid	µg	0	--	--	0	0
Folate, food	µg	15	--	--	13	31
Folate, DFE	µg	15	--	--	13	31
Choline, total	mg	65.0	--	--	55.2	132.6
Vitamin B-12	µg	3.00	1	--	2.55	6.12
Vitamin B-12, added	µg	0.00	--	--	0.00	0.00
Vitamin A, RAE	µg	1043	--	--	887	2128
Retinol	µg	1043	--	--	887	2128
Carotene, beta	µg	0	--	--	0	0
Carotene, alpha	µg	0	--	--	0	0
Cryptoxanthin, beta	µg	0	--	--	0	0
Vitamin A, IU	IU	3477	--	--	2955	7093
Lycopene	µg	0	--	--	0	0
Lutein + zeaxanthin	µg	0	--	--	0	0
Vitamin E (alpha-tocopherol)	mg	4.00	--	--	3.40	8.16
Vitamin E, added	mg	0.00	--	--	0.00	0.00
Vitamin D (D2 + D3)	µg	23.3	--	--	19.8	47.5
Vitamin D3 (cholecalciferol)	µg	23.3	--	--	19.8	47.5
Vitamin D	IU	932	--	--	792	1901
Vitamin K (phylloquinone)	µg	0.0	--	--	0.0	0.0
Lipids						
Fatty acids, total saturated	g	2.358	--	--	2.004	4.810
4:0	g	0.000	--	--	0.000	0.000
6:0	g	0.000	--	--	0.000	0.000
8:0	g	0.000	--	--	0.000	0.000
10:0	g	0.000	--	--	0.000	0.000
12:0	g	0.000	--	--	0.000	0.000

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	3.0 oz 85g	1 fillet 204g
14:0	g	0.580	2	--	0.493	1.183
16:0	g	1.585	2	--	1.347	3.233
18:0	g	0.191	2	--	0.162	0.390
Fatty acids, total monounsaturated	g	7.190	--	--	6.111	14.668
16:1 undifferentiated	g	1.255	2	--	1.067	2.560
18:1 undifferentiated	g	2.772	2	--	2.356	5.655
20:1	g	3.000	1	--	2.550	6.120
22:1 undifferentiated	g	0.000	--	--	0.000	0.000
Fatty acids, total polyunsaturated	g	0.947	--	--	0.805	1.932
18:2 undifferentiated	g	0.196	2	--	0.167	0.400
18:3 undifferentiated	g	0.432	1	--	0.367	0.881
18:4	g	0.000	--	--	0.000	0.000
20:4 undifferentiated	g	0.095	2	--	0.081	0.194
20:5 n-3 (EPA)	g	0.084	1	--	0.071	0.171
22:5 n-3 (DPA)	g	0.074	1	--	0.063	0.151
22:6 n-3 (DHA)	g	0.063	2	--	0.054	0.129
Cholesterol	mg	126	2	--	107	257
Amino Acids						
Tryptophan	g	0.207	--	--	0.176	0.422
Threonine	g	0.809	--	--	0.688	1.650
Isoleucine	g	0.850	--	--	0.723	1.734
Leucine	g	1.499	--	--	1.274	3.058
Lysine	g	1.694	--	--	1.440	3.456
Methionine	g	0.546	--	--	0.464	1.114
Cystine	g	0.198	--	--	0.168	0.404
Phenylalanine	g	0.720	--	--	0.612	1.469
Tyrosine	g	0.623	--	--	0.530	1.271
Valine	g	0.950	--	--	0.807	1.938
Arginine	g	1.104	--	--	0.938	2.252
Histidine	g	0.543	--	--	0.462	1.108
Alanine	g	1.115	--	--	0.948	2.275
Aspartic acid	g	1.889	--	--	1.606	3.854
Glutamic acid	g	2.753	--	--	2.340	5.616

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	3.0 oz 85g	1 fillet 204g
Glycine	g	0.885	--	--	0.752	1.805
Proline	g	0.652	--	--	0.554	1.330
Serine	g	0.753	--	--	0.640	1.536
Other						
Alcohol, ethyl	g	0.0	--	--	0.0	0.0
Caffeine	mg	0	--	--	0	0
Theobromine	mg	0	--	--	0	0